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LAUREEN HARPER:

**WHY I
WILL
WEAR
PINK
PAGE 7**



Your essential daily news | TUESDAY, APRIL 7, 2015

High 2°C / Low -4°C Snow



Haligonians in it for the long haul

Rob Johnson tows his daughter Tindra, 3, at the Ashburn Golf Course, taking advantage of the Easter Monday sun. Spring still seems a ways away, with Environment Canada forecasting snow and below-seasonal temperatures. Story, page 4. JEFF HARPER/METRO

Snoop sics troop on film cuts

PETITION

Artists fear loss of N.S. tax credit would be dire



**Stephanie
Taylor**
Metro | Halifax

Snoop Dogg has high hopes that urging his millions of Twitter followers to sign a petition against the potential axing of the Nova Scotia film tax credit will send a blunt message.

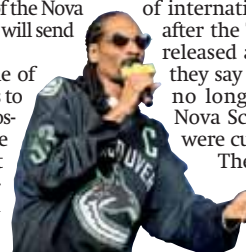
The rapper is one of the latest celebrities to join the fight over possible changes to the program, hinted at by Finance Minister Diana Whalen during a pre-budget speech last week.

Comedian Carrot Top and rocker Axel Rose have also called on fans to sign an online petition, which had nearly 18,000 signatures by Monday afternoon.

The petition says cuts to the tax credit would "devastate the provincial screen industry," which is a "competitive, vibrant and successful industry that brings in millions of dollars in foreign investment, employs thousands of people and is a key contributor to the economy."

The issue caught the attention of international celebs only after the Trailer Park Boys released a video in which they say their show could no longer be filmed in Nova Scotia if the credit were cut.

The verdict will remain out until the 2015-16 budget is tabled Thursday.



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Oaklee Bagely and his mom, Amanda. FUNDRAZER.COM

CAPE BRETON

Nine-year-old dies in hospital after fire

A community in Cape Breton is mourning the death of a young boy who lost his life after a house fire over the weekend.

Cpl. John Landry of Port Hawkesbury RCMP said members of the detachment first heard calls for help coming from across a parking lot, near a residence on Friday evening.

He said officers, along with the fire department, arrived at the scene on Bourinot Drive around 9:40 p.m., to discover a house fire, which they extinguished in short order.

Upon arrival, they found a 34-year-old woman with a nine-year-old boy outside the home, and both were taken to hospital in Halifax. Landry said they were the only ones in the home at the time of the fire.

Police reported the boy died of his injuries on Monday morning at the IWK hospital, while his mother remained in critical condition.

Landry said the investigation is still ongoing, as they are waiting on results from a fire marshal's report to determine the exact cause of the blaze. Investigators are also hoping to interview the woman, he added.

"This is a very serious incident. We want to make sure we don't miss anything," Landry said Monday.

Police have not identified the boy, but a crowdfunding campaign has been launched to raise money for Amanda and in the name of her now-deceased son Oaklee Bagely. Given the boy's age, Landry said many in the close-knit community are taking the news hard.

Landry said both were involved in their local church. He also said that administration at the boy's school opened the doors of Tamarac Education Centre on Monday to offer grief counselling.

STEPHANIE TAYLOR/METRO



You are one with the angels.

Crowdfunding campaign message

SAFETY

Many bike lanes still covered with snow, debris



Stephanie Taylor
Metro | Halifax

For Haligonians who prefer two wheels to four when it comes to their commute, sunnier skies and milder temperatures signal the long-awaited arrival of bike season.

And as many dig out their bikes from storage, Janet Barlow, co-ordinator of Active Transportation at the Ecology Action Centre, believes it wouldn't hurt to give drivers a gentle reminder to share the road.

"Cyclists have a right to the road," she said Monday. "It is the law."

"As long as everyone plays nice on the road, it will all be OK."

Barlow said it's common at this time of year for many bike lanes to remain covered with snow and other debris for some time, meaning "cyclists have every right to ride in a regular lane beside cars."

The roads are narrower for everyone, she said, adding that many bike lanes do not



A cyclist heads up Bell Road in Halifax on Monday. Until bike lanes are visible, cyclists in the city are allowed to ride in regular lanes beside cars. JEFF HARPER/METRO

receive the same level of snow removal as main roadways.

But that won't stop the cyclists.

"Biking in the city is great," said Simon Abbott, who was out for a ride Monday afternoon. "A lot of people seem to think that it's not that friendly, but it is. I mean it's really hilly, but drivers are pretty good."

+ PROMISING TO PEDAL

Challenge kicks off the cycling season

To kick off bike season, the Halifax Cycling Coalition recently launched a 30-day bike challenge, where people pledge to bike every single day

in April.

In addition, Barlow said more information about road safety and resources for cyclists will become available during the city's annual bike week in June.

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Pedestrians walk on the Halifax waterfront Monday beside Theodore Tugboat. Temperatures remain chilly in the region, still more wintry than spring-like. JEFF HARPER/METRO

Spring is coming — eventually

CLIMATE

Halifax last saw this much snow in 1967

Julia Manoukian
For Metro | Halifax

In Halifax, the transition from slush to sweat has never been speedy.

Between Monday night and Tuesday morning, Halifax was expecting another 10 centimetres of snow — but good news is around the corner, eventually, promises Environment Canada senior climatologist David Phillips.

“Our models are showing that we’re going to have to be

a bit more patient,” he said of when it will start to warm up.

“It’s not going to be a rush to spring. We’ll be easing into it.”

But he adds that slowly getting rid of the snow cover first is vital to prevent flooding.

In less than a week, the city has gone from 60 centimetres to 12 centimetres of snow.

“You got the warmest Christmas Day ever, the wettest Christmas Day ever ... and then when January came, it was almost as if the weather had truly changed with the calendar.”

About eight per cent of the winter’s precipitation falls in

April. This year just happened to be particularly “schizophrenic,” he said.

Since January, Phillips said warm air from the Gulf Stream has mixed with cold air hanging over Nova Scotia, slamming the province with record amounts of snow, cold temperatures and very little rain.

He said while others envy the balmy Maritime falls, April and springtime have always been notoriously hellish.

“We don’t plant our gardens in April in Halifax because you’re going to be hit by frost.”

The last time Halifax saw

this much snow in the months of January, February and March was 1967, when the city received 283 centimetres.

Phillips even pointed out a third of every May in Halifax has experienced some light snowfall. “What we’ll see is a pattern where we get more good days than bad days. In early April, you typically see more winter than spring.

“As the month goes on, especially into May, we see more mild days than cool days.”

So far, he said, every day in April has been a melting one, and things will heat up this weekend, with snow “melting around the clock” on Saturday and Sunday.

“For the first time in a long while you’re going to see temperatures above the freezing mark morning, noon and night.”

+ ‘TROPICAL HEAT WAVE’

In October, David Phillips promised Metro readers that Nova Scotia would be like “a tropical heat wave” this winter compared to last year. He admitted on Monday that Environment Canada’s models were a bit off.

“Our models were showing that fall had been warmer than normal, we thought the water temperature was pretty warm, and we thought it would continue that way.”

Though Environment Canada’s predictions turned out to be true for November and December, they didn’t anticipate the cold systems



that slammed the province in January, February, March and the beginning of April.

“There just seems to be a bull’s eye over the Maritimes,” Phillips said.



Don’t put away your shovels just yet. The more shovelling you do, the better you’ll look in your muscle shirts.

Climatologist David Phillips

ROADS

Overnight winter parking ban back in effect for snow clearing

This year, winter just won’t give up.

The Halifax Regional Municipality put the overnight winter parking ban back into effect on Tuesday from 1 a.m. to 6 a.m.

In doing so, the municipality was helping crews with snow clearing operations that were expected to be needed across the region.

This winter season, the parking ban has been in effect a total of 45 days. There have

45
Number of days the winter parking ban has been in effect this season in Halifax.

been 11,837 tickets issued, and 87 tows.

“From our records, at least as far back as amalgamation, we’ve never had to extend the

regulations beyond March 31,” said city spokeswoman Tiffany Chase.

Usually, the overnight parking ban is in effect until March 31.

If winter conditions persist, however, the municipality has the ability to extend the overnight parking ban regulations until April 15.

This year, the municipal Traffic Authority has made the call to extend the regulations.

JULIA MANOUKIAN FOR METRO



Notice of Annual Meeting

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Challenging the way we experience art

CULTURE

John Greer exhibit opens this weekend



Haley Ryan
Metro | Halifax

Gallery visitors are used to looking at art as they walk along slowly, but one new exhibit involves a bit more caution tape.

Starting Saturday and running until Sept. 13, John Greer's retroActive brings the renowned sculptor's work from the late 1960s to today into the Art Gallery of Nova Scotia to challenge how we traditionally experience and think about art.

"A lot of people are intimidated by art galleries," Greer said after the launch of the gallery's 2015-16 season last week.

Gesturing to the exhibit poster, which shows a 1974 photo of Greer wearing "Sceptical Spectacles" — sunglasses covered in sheep's wool — Greer said people often feel like galleries are trying to put



John Greer's Money Wagon, left, will be part of his collection at the Art Gallery of Nova Scotia in Halifax. The artist, right, is seen wearing his "Sceptical Spectacles" in 1974. LEFT: CONTRIBUTED; RIGHT: COURTESY RAOUL MANUEL SCHNELL

one over on them as they look at art — but there's an important line between skeptical and cynical.

"Skeptical is always open. Cynicism is a closed thing, so these are skeptical spectacles

so you can pull the wool over your own eyes if you want to and it's not so bad," Greer said.

"When a person goes into a gallery ... they are in control."

The exhibit includes Greer's sculpture, his works from the



66

This is about hoping people leave a little of their cementedness behind and become more flexible.

John Greer

crats found it "humiliating" to walk behind another person, so he works with the back of sculptures or places them so anyone can walk around the piece.

"You become an equal to that thing you're looking at, so it's exchanged," Greer said.

"Art really is idea manifested in materials, so it is an intelligence looking at an intelligence."

Greer said he uses devices like putting caution tape over doors for people to work their way through to make the visitor more alert and attentive to what they're looking at.

"People are used to thinking of art as something to look at instead of something to experience," he said.



FIRE DOZENS FORCED OUT IN EASTER MONDAY APARTMENT BLAZE An apartment fire in Halifax forced dozens of people from their homes Easter Monday, as crews worked to clear the smoke-filled building. Just before 3:30 p.m., firefighters were called to a fire on Shirley Street near the QEII Health Centre, but only dealt with heavy smoke on arrival. Fire investigators were on scene for several hours to determine the cause of the blaze. JEFF HARPER/METRO

CRIME

Woman suffers burns to face after assault with hot pizza

An investigation is underway after a 22-year-old woman suffered burns to her face and chest from hot pizza.

Truro Police Service Deputy Chief Jim Flemming said they received a call around 2:15 a.m. on Sunday about the incident.

"A woman was in line with her friends, and three other

women — who aren't identified yet — shoved a hot pizza in the woman's face and began to assault her," said Flemming, about the incident at Pizza Market on the Esplanade.

"We are investigating, but don't have descriptions yet of the suspects. There is video surveillance, but it hasn't been looked at yet." TRURO DAILY NEWS

+ MORE INFO

Truro's deputy chief wasn't sure the extent of the burns to the 22-year-old, or if she had gone to the hospital for treatment.

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HEALTH

Halifax readies unveiling of first residential care hospice

Next month's annual fundraising hike for the Hospice Society of Greater Halifax is expected to be followed by an important milestone for the organization.

The Hospice Society is in the process of finalizing negotiations on the development site for Halifax's first residential hospice centre, and plans to announce the location by the end of May.

Hospice Halifax CEO Wendy Fraser said the Nova Scotia capital is the only major Canadian city without a palliative care centre.

"Hospice care is not only a good humanitarian model to follow, but is great economically as well," said Fraser.

A residential palliative care centre — or hospice — focuses on relieving symptoms and supporting patients and their families when the patient is close to death.

Palliative care may be given at any time during a patient's

\$1,100

The average cost of an acute care bed in a hospital starts at \$1,100, but can carry a price tag as high as \$1,200.

\$475

On average, beds in palliative care hospices only cost around \$475.

illness after diagnosis.

Nova Scotia currently has the most people over the age of 65, per capita, in the country.

Fraser said the lack of a hospice makes no sense given the demographics, and even less economically.

"At any given time, 28 to 30 people who die in a Halifax hospital could be taken care of by a residential hospice centre," she said.

"An acute bed at the hospital is much more expensive for the taxpayer than a bed at a residential palliative care facility, and even less (expensive) with the fundraising that we do."

The executive director of the Hospice and Palliative Care Association said not having a residential hospice centre is only one gap in the palliative care system.

"There are palliative care services all around the province, but they are limited to the resources in their area," said Colleen Cash.

"It should be a continuum of quality of life for all our services."

The fundraiser for Hike for Hospice and Palliative Care takes place May 3 with information available online at hospicehalifax.org

There are 13 hospice societies around Nova Scotia that provide palliative care services, but Saint John N.B., is the only Maritime city with a residential palliative care facility.

ERNESTO CARRANZA/FOR METRO



Hospice care is not only a good humanitarian model to follow, but is great economically as well.

Wendy Fraser, Hospice Halifax CEO



Julie McLaughlin is speaking out about depression and suicide in memory of her twin brother, Alex, an Acadia University student who committed suicide last year. CONTRIBUTED

'Making a difference' one person at a time

DEPRESSION

Twin shares brother's story to fight mental health stigmas

"Depression is treatable — but suicide is forever." Those words bring Julie McLaughlin's written account of the loss of her brother to a close.

Julie's twin, Alex, was nearly finished his degree at Acadia University when he died by suicide at 23 on April 17 last year.

To this day, Julie can't think of anything that would have hinted that the man who "had a smile on his face 99 per cent of the time" was hurting.

"He would never be someone that you would pinpoint as being depressed," Julie said in a recent phone interview from New Brunswick.

Alex seemed happy. Julie said she was even jealous of him, since he had a "quiet nature" that could just make anyone smile and laugh.

But Alex, she learned, was under immense pressure.

A six-foot-four natural athlete originally recruited to play basketball for Acadia, Alex left the team in his third year after his playing time lessened fol-

lowing an influx of new talent.

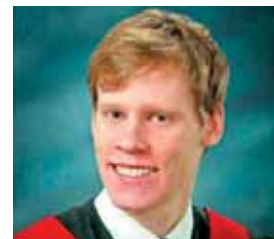
"While we always grew up in a basketball family, basketball wasn't everything. There was never a day where we were forced to play," Julie wrote in an article entitled His Name was Alex. She recently submitted the piece to Acadia's ongoing Break the Silence, End the Stigma campaign focused on mental health.

The student-driven campaign highlights the fact that one in five people live with mental illness.

"But, it was a big bond between all of us, and perhaps Alex felt an internal pressure to play and a sense that he had let us all down. I believe that this was the beginning of his internal belief that he wasn't good enough."

The McLaughlins hosted a memorial basketball tournament in Alex's honour last summer that raised about \$18,000 for Communities Addressing Suicide Together (CAST).

This year, the tournament will be hosted at Saint Mary's Uni-



Alex McLaughlin CONTRIBUTED

versity in Halifax from Aug. 14-16, with proceeds going to the Student-Athlete Mental Health Initiative.

"It's unbelievable how much pressure they're under," Julie said of university students and varsity athletes dealing with performance anxiety, financial stress, deadlines and uncertainty.

"Regardless of what you might have been led to believe or what you might feel inside, there's always someone who cares about you, no matter how alone you feel," she added.

Talking about the loss of her twin is partly therapeutic for Julie. But her family also has a mission: They want the stigma around mental illness to become a thing of the past.

"It's nice to know that as sad as we still get that he's not here, we know that we are making a difference — even if we just help one person," Julie said. HANTS JOURNAL



There's always someone who cares about you.

Julie McLaughlin

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Duffy's defence team to attack top Tory figures

EXPENSE SCANDAL

Suspended senator facing 31 charges

Suspended senator Mike Duffy may be the one on trial, but others will also see their motives, character and actions dissected, examined and critiqued over the next several weeks inside an Ottawa courtroom.

Beginning Tuesday, Crown lawyers will lay out their fraud, breach of trust and bribery case against the former Conservative — 31 charges in total.

But so, too, will begin lawyer Donald Bayne's defence of Duffy, a counter-attack that will likely focus in part on the behaviour of key figures from the Prime Minister's Office and party circles.

The expected release of new documents and internal emails in the form of court exhibits has the capacity to breathe new life into the political scandal that consumed the House of Com-



Sen. Mike Duffy arrives to the Senate on Parliament Hill in Ottawa on Oct. 28, 2013. ADRIAN WYLD/THE CANADIAN PRESS

mons two years ago.

A crush of media interest in the trial has prompted officials to establish an overflow room at the courthouse where several camera angles are displayed on large screens in order to accommodate journalists.

Bayne has already given a public preview of sorts of how he plans to approach the allegations. Back in October 2013, Bayne held an animated news conference to respond to the looming suspension of his client from the upper chamber. Charges were laid in

July 2014.

That spring, news broke that the prime minister's chief of staff, Nigel Wright, had secretly paid for Duffy's \$90,000 in contested living expenses.

Duffy had submitted claims for a secondary residence in the Ottawa area, even though an audit said he spent approximately 30 per cent of his time at the designated primary residence in P.E.I..

Police allege Duffy was the one setting conditions and making demands in exchange for resolving the expenses controversy — hence the bribery charge. An email dated Feb. 13, 2013, in which Duffy's previous lawyer outlined a number of scenarios and conditions, is a central document.

Bayne and Duffy have alleged it's the other way around.

"The payment of \$90,000 was not the doing of Senator Duffy," Bayne said in 2013.

"It was a political tactic forced on him by the Prime Minister's Office." THE CANADIAN PRESS

A call to wear pink



Laureen Harper
For Metro

Wednesday, I will be wearing pink.

I will be wearing pink to show my support for Canadian teens across our country who have been bullied, beaten up and beaten down. Whose wounds are real, yet invisible to the human eye.

I will be wearing pink in support of tremendous Canadian organizations like the Canadian Centre for Child Protection and The Canadian Centre for Gender and Sexual Diversity, formerly Jer's Vision. Organizations that work tirelessly to combat all forms of bullying. And I will be wearing pink to remind our young people that they are not alone. That their lives matter. That they are deeply loved.

Last year, it was my honour to wear pink and attend an International Day of Pink event hosted by Jer's Vision. The stories we heard were moving. The atmosphere in the room was electrifying. The messages of hope for those in crisis rang so loud and clear that they stayed with me long after the event was over.

We heard from brave parents who told heartbreaking stories of

their teens who, out of desperation, took their lives because they believed there was nowhere to go.

We also heard from successful business people and TV personalities who shared their own stories of bullying, victimization and ultimately perseverance. Each story was infused with these messages: Youth in crisis are not alone. Everyone has the power to turn their experience from one of hate to one of hope.

Now, I recognize that it's so easy for us adults to say to our children, "It gets better" and "Hang in there." We've lived long enough to know this to be true. But, sometimes parents aren't the only people in a teen's life who need to communicate this. Sometimes, what it takes is a classroom, or a sports team, or a school club to come together in solidarity and wear pink once a year to remind their peers in crisis that they belong.

So, Wednesday, I will be wearing pink. I hope all Canadians, especially young Canadians, join me. Because one small act of kindness can help someone realize they are not alone. And one simple action can show them that they are stronger than they think.

RAPE IS REAL: ROSEMARY WESTWOOD, PAGE 11

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Prince takes swipe at selfies

MONARCHY

Harry begins month-long stint in the Aussie army

Britain's Prince Harry joked and chatted with an enthusiastic crowd Monday at his only scheduled public appearance during a month-long embedment with Australia's army, declaring pride in his ginger hair and telling a self-obsessed younger generation that "selfies are bad."

The British army captain reported for duty in Australia's capital, Canberra, to begin a four-week attachment to the Australian army that will take him to the east, west and north coasts of the vast nation.

But before he got down to military business, Harry ignored light rain and cool

weather to shake hands and chat with hundreds of cheering well-wishers who gathered at cordons to welcome him outside the Australian War Memorial.

Perhaps because of his own history of embarrassing candid photos, he was less generous with teenagers who wanted to photograph themselves with him. He drew laughs when he urged one teen admirer to break the habit of taking "selfies."

"No, I hate selfies. Seriously, you need to get out of it," Ten Network television recorded him telling the admirer.

"I know you're young, but selfies are bad," Nine Network television recorded the prince saying.

Harry, fourth in line to the British throne — he'll move to fifth when brother Prince William's second child is born — also shook hands and gave a high-five to ginger-haired

“No, I hate selfies. Seriously, you need to get out of it.”

Prince Harry to a young admirer

12-year-old Ethan Toscan, who brought a banner that read "Redheads RULE!"

Like in Britain, redheads are often teased in Australia, where they are known as "rangas" — short for orangutans.

"He said that I was fabulous in making the sign and it's awesome to be a redhead," Ethan said later.

Young and old members of the public gathered at the memorial, with Harry laying a wreath at the Tomb of the Unknown Soldier before strolling to the museum's World War I and Afghanistan galleries. THE ASSOCIATED PRESS



Britain's Prince Harry laughs with fellow redheads as he meets members of the public during a visit to the Australian War Memorial in Canberra, Australia, Monday.

THE ASSOCIATED PRESS

IN BRIEF

Kenya strikes Somali camps after college attack

Kenyan warplanes bombed militant camps in Somalia, officials said Monday, following a vow by President Uhuru Kenyatta to respond "in the fiercest way possible" to a massacre of college students by al-Shabab extremists.

THE ASSOCIATED PRESS

Fighting intensifies on the ground in Yemen's Aden

Pitched fighting intensified Monday in Yemen's second-largest city, Aden, leaving streets littered with dead bodies, as Shiite rebels and their allies waged their strongest push yet to seize control of the main bastion of supporters of their rival, the country's embattled president.

The fighting in the southern port city raises doubts over the possibility of landing ground forces from a Saudi-led coalition backing President Abed Rabbo Mansour Hadi to try to carve out an enclave to which Hadi, who fled the country two weeks ago, could return.

THE ASSOCIATED PRESS

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RETAIL REBRANDED FUTURE SHOP STORES REOPEN A closed Future Shop store reopens as a Best Buy in West Vancouver, B.C., on Saturday as planned. It's one of 65 Future Shop stores that have been consolidated under the Best Buy brand. The outlets still look like Future Shop stores, which used red as their brand identity. However, the employees are now wearing Best Buy uniforms which are blue, Torstar News Service reports. **THE CANADIAN PRESS**

Tax-free savings to double, Oliver hints

BUDGET

Increasing contribution room benefits rich, critics say

Finance Minister Joe Oliver left no doubt in a confidential letter to fellow Conservatives that his April 21 budget will double the contribution limit for the federal government's popular tax-free savings vehicle.

The current limit for cash going into a Tax-Free Savings Account (TFSA) is \$5,500 a year, and Oliver indicated the Conservatives would fulfill Prime Minister Stephen Harper's four-year-old pledge to allow Canadians to sock away more money.

Doubling the annual limit will put it at \$11,000 a year.

While popular with savers, TFSAs have prompted controversy over which segments of the population are receiving the most benefit from the plan.

In a report in February, Parliamentary Budget Officer Jean-Denis Fréchette concluded that allowing larger contributions to TFSAs will benefit well-off Canadians disproportionately.

Another recent study for the Broadbent Institute by public policy expert Rhys Kesselman said an increase in TFSA contribution room would "shift additional billions from tax revenues into the pockets of the already well-off."

Oliver's letter seeks to debunk these arguments. He cites a finance department study that shows people of all ages and income levels put the maximum amount of savings into their TFSAs.

However, the study based on 2013 data shows that it is older Canadians as a group who are taking the most advantage of their TFSAs.

Of those who "max out" their TFSAs, 71 per cent are over age 55, according to the finance department.

The study showed that, among those who contribut-

+ SAVINGS

71: Per cent of those maximizing their TFSA contributions who are over age 55.

5: Per cent of those maximizing their TFSA contributions who are 25-34 years of age.

\$5,500: Current annual contribution room for TFSA.

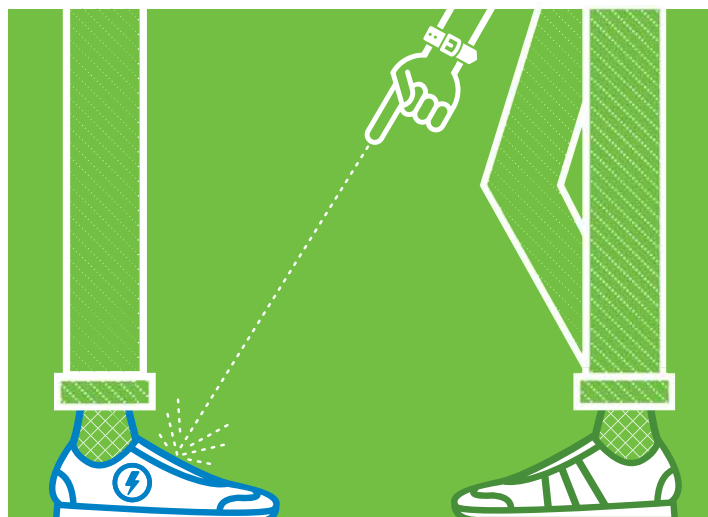
\$11,000: Expected annual contribution limit for TFSA after Oliver's increase.

11 million: Number of people with TFSAs. **TORSTAR NEWS SERVICE**

ed the maximum amount to their TFSAs, only 6.8 per cent were in the 35-44 age group and only five per cent were in the 25-34 age group.

TORSTAR NEWS SERVICE

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WORKOPOLIS
Let's get to work

ECONOMY

Oil slump dims firms' outlook: Central bank

The sting of lower oil prices has dampened the confidence of companies when it comes to future sales growth, investment and hiring, the Bank of Canada's latest business outlook has found.

The central bank's quarterly sampling of 100 representative businesses, released Monday, suggested cheaper crude had even eroded sales expectations among firms beyond the energy sector, such as those down the supply chain.

The survey, conducted between Feb. 17 and March 12, also found dimmer expectations about future investments in machinery and equipment for the coming year, particularly among companies in the goods sector and those hit hard by lower oil prices.

The influential questionnaire of senior managers also found the outlook for hiring had diminished to its lowest level since 2009.

THE CANADIAN PRESS

market minute



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IN BRIEF

Cuban property not up for grabs, ambassador says

Cuba's ambassador to Canada says the warming of relations with the U.S. won't open up his country to international real estate buyers. Ambassador Julio Garmendia Pena says Cuba wants to keep its land for its people, even though it is open to other investment. Canada's former ambassador to Cuba, Mark Entwistle, agrees that Cubans are wary of Americans gobbling up their property.

THE CANADIAN PRESS

TOP SIX@6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Tori Kelly Nobody Love
- 5 Ed Sheeran Thinking Out Loud
- 4 Calvin Harris ft Ellie Goulding Outside
- 3 Tove Lo Talking Body
- 2 The Weeknd Earned It
- 1 Taylor Swift Style

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ROSEMARY WESTWOOD

metroview

We don't need another Jackie — rape is real

So, Rolling Stone got it wrong about Jackie.

And now that one of most salacious rape stories of recent times has been pulled from the magazine's website, it might feel like we've lost something.

Jackie (not her real name) was the centrepiece of Rolling Stone's explosive and widely criticized story of gang rape at a U.S. college fraternity.

The story has crumbled under scrutiny. In an independent investigation into how the magazine screwed up quite so horribly, Rolling Stone's journalists have now been publicly shamed.

Some worry this gives ammunition to rape deniers.

But we don't need another story of a brutal assault — another Jackie — to prove we have a rape problem.

We have data.

In Canada, one in three women will be sexually assaulted — a term that includes rape. That's a statistic I've been aware of for at least a decade. There are also an estimated 460,000 sexual assaults in this country every year.

The CBC recently compiled statistics of rape on Canadian campuses — 700 reported over the last five years. It quoted experts who suggest that's only a fraction of the real number.

We also have high-profile cases of the kind that are supposed to spur change.

There's Rehtaeh Parsons, and more recently Rinelle Harper. There are also the six women who accuse Jian Ghomeshi of sexual assault.

Yet, we still seem to be on the hunt for that final, horrifying story. One placed so squarely in our own culture, in our own lives, on our own campuses, that we have to admit rape is our problem to solve.

The investigation into Rolling Stone's reporting found that the magazine's reporter and editors chose Jackie's story because it was so extreme.

Rolling Stone's reporter and editors also claim their empathy got the best of them.

On some level, I'd argue they wanted Jackie's story to be true, perhaps so it would cause so much outrage that change would have to follow.

But there is no silver bullet.

"How many more stories do we have to hear to know that this is a serious epidemic in Canada?" Farrah Khan, an anti-violence against women activist, asked me.

Yes, it's important to report on sexual assault, to tell the stories of survivors. But statically, you already know many of them. You shouldn't need to look into every single one of their faces before deciding to act.

I don't need to hear about another Jackie to know we have a problem.

Do you?

the big question

Can you legally file for divorce on Facebook?

If you got married in New York, the answer might be yes. A Supreme Court Justice in Manhattan told Ellanora Baidoo she could use Facebook messenger to serve papers to her hard-to-reach husband. The couple got married in a civil ceremony, but agreed to wait until they had a traditional wedding before consummating the marriage, which never happened. Baidoo says she doesn't know where her husband lives and they communicate only on the phone and over Facebook.

Halifax needs to get its transit priorities straight

YOUR RIDE

Erica Butler



If you're tired of late buses in Halifax, I have three words for you and your elected official to consider: transit priority measures.

In general, a Transit Priority Measure, or TPM, is anything that gets a bus through traffic faster: Queue jump lanes (short, bus-only lanes at intersections or right turn lanes where buses can go straight); priority signals that keep lights green longer or turn them green faster for buses and dedicated bus lanes.

"Everybody who has ever used transit in Halifax knows it's a common thing that two or three buses on the

same route are lined up right behind each other," says Paul Dec of transit advocate group It's More Than Buses. "And that's the effect of not enough priority for buses in traffic."

TPMs are nothing new in Halifax. We've had them around since at least 1999, when some forward-thinking leaving the bridge terminal dedicated turning lanes off Wyse Road onto the bridge. (Sadly, they didn't propose a dedicated toll lane, and the Macdonald bridge remains a traffic hurdle today.)

In 2005, Halifax introduced more TPMs along with the MetroLink express service. The good news is that they work.

The bad news: We're considering approving a major overhaul of our transit sys-

tem right now and it's probably doomed to fail because we haven't implemented TPMs on a meaningful scale.

Your bus is late, and will continue to be late, because we are still working out how to use a tool we first tested more than 15 years ago.

But we really are working on it, says Dave McCusker, Halifax's regional transportation planning manager.

Soon, consultants will deliver a report with at least seven, but hopefully many more, transit priority measures for Halifax to consider.

In their request for the report, city staff suggested seven possible TPM locations, curiously all in Dartmouth, including a bus-only toll lane onto the Macdonald Bridge and queue jump lanes at intersections on Portland, Main, Windmill

and Pleasant streets.

Absent from their rather short list are major chokepoints like the Armdale Rotary (redesigned in 2007 with no specific consideration for buses) and the Bedford Highway and Fairview overpass.

Given the unreliability of our transit system, a light sprinkling of TPMs is not enough: Halifax needs a heavy dose of measures across the city to get buses filled with people ahead of single-driver cars.

It's time to design our roads to move people instead of cars. TPMs are a great place to start.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

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PHILOSOPHER CAT
by Jason Logan





What to eat, see and do at Coachella '15

INDIO, CALIF.

Just make sure you leave your selfie stick at home this year

Thousands of music lovers will be putting the final touches on their show schedule, camping gear — and no doubt, outfits — before the first weekend of this year's Coachella Festival, which starts April 10 and has performances by AC/DC, Jack White and Drake among its highlights.

The Coachella Valley Music and Arts Festival has become increasingly genre-bending over the years, starting out with mainly indie fare and growing to encompass rock, hip hop and dance music. Other top acts due to play include Tame Impala, Steely Dan, Belle and Sebastian, Hozier, Florence and the Machine and David Guetta.

Indio, Calif. will host the first round of visitors April 10-12, with a second weekend running from April 17-19.

Those not lucky enough to find themselves in the California desert (passes are no longer available) will still have a chance to hear the music. The first weekend's performances will be streamed live on YouTube.

As for the legions who are making the trek, those increasingly pampered festival-goers



There's always plenty of spectacle at Coachella. ALL PHOTOS GETTY IMAGES

will not want for much: Free public Wi-Fi will be available in beer gardens and VIP areas, and an updated mobile app will help with navigation, scheduling and catching shuttles.

Dining options are not your average campground fare — choices include Dinner in the Rose Garden, a four-course meal for \$225 per person — nor are the furnished on-site "safari tents," available at \$7,000 for two.

Fashion has always been a key component of Coachella,

and this year a co-branded clothing line has been created especially for the event. H&M Loves Coachella's boho pieces are to be sold at a pop-up store on site as well as in H&M stores and online.

Instagram will no doubt be cluttered with Coachella pictures over the next two weeks, but leave the selfie stick at home: Coachella's official rules prohibit the use of the gadgets — more specifically, "selfie sticks/narsisitics."

Visitors have come to expect large-scale sculptures and in-

stallations to cover the festival grounds. A list of contributing artists is included on the festival poster, but details remain under wraps, although a forum reveals works by the artists to give a sense of what could be in store.

AFP

A '14 Coachella attendee sporting festival gear that inspired this year's trends.

STYLE

Look festival chic on or off the field

The season's music festivals, starting with Coachella, are clearly influencing spring and summer ready-to-wear.



Sunglasses from the Katy Perry Forever Festival collection by Claire's

Multiple brands have drawn inspiration from the rock, hippie and boho looks seen in the crowds to produce collections with fringe, lace, mini-shorts and denim. and leather: These are some of the defining characteristics of the current festival-inspired fashion trend. The looks range from ultra-sexy to subtle, and there are plenty of opportunities for accessorizing thanks to a wide array of hats, bags, flat lace-up sandals and colourful round sunglasses.

Swedish retail giant H&M led the charge this year with H&M Loves Coachella, its first official collection co-branded with the celebrity-studded Coachella. Mango and Forever 21 are also on board with the trend. AFP

+ FLOWER POWER

Flowers are hard to miss in the spring-summer 2015 women's collections, and they come in all shapes and sizes this season.

Floral motifs were seen at Christian Dior, Chanel and Manish Arora. The showy, oversized prints of 2014 have given way to more discreet florals this year, seen mainly in prints and delicate embroidery.

We need to talk.

RICK HOWE 9am-1pm

SHELDON MacLEOD 2pm-6pm

News 95.7
News.Talk.Sports.

May we cut in? A dance with Milky Chance

ON TOUR

Duo first shot to fame with their Stolen Dance video

Emily Laurence
Metro | New York City

It's been one year since best buds Clemens Rehbein and Philipp Dausch uploaded their song Stolen Dance to YouTube — the video now has over 131 million views and the song is on constant rotation on Top 40 radio.

The duo is currently touring North America and will be hitting the festival circuit here and abroad in the summer. With a first stop at Ottawa's Bluesfest, the German musicians will also perform at Osheaga in Montreal and the Squamish Valley Music Festival in B.C.

One thing's for sure: The

party's not stopping anytime soon.

Skiping school and jamming out

Rehbein and Dausch met in high school, when they bonded over liking the same type of music.

"We didn't like school much," Rehbein says. "We started jamming instead of going to math class. I think our other classmates would (describe us as) the most crazy guys who would just enjoy their easy way of living instead of being a student."

It's been a crazy three years for Rehbein and Dausch as they've grown in popularity and started touring all over the world, and it's only strengthened their friendship.

"We shared a hotel room a lot of the time, so we started knowing each other really well," Rehbein says.

Not to mention all the crazy festivals and shows around the

world. "We share a lot of memories," Rehbein says.

Influenced by the club scene

Blending pop with electronica is part of what sets Milky Chance apart. Rehbein says they're greatly influenced by the electronica scene in Germany.

"The electronica scene in Germany is really good and it did and does influence our music," he says.

"If you grow up having parties in your (apartment) with your friends and listening to this type of music, it will influence you," Rehbein says. Going clubbing in France and Germany played a part in developing their sound, too, he says

Giving fans the power

Despite being tuned in to the European music scene, the guys have always written their songs in English.



I feel like the people made the choice for this song to be the single, not us

Clemens Rehbein

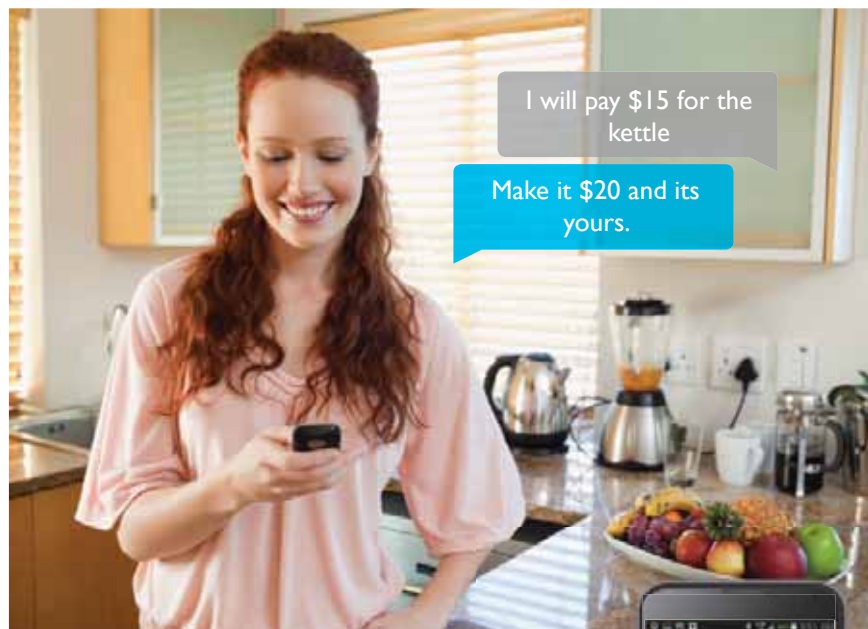
"We just always listened to English music, so it was more natural for us," Rehbein says.

The guys experimented by loading three songs to YouTube: Flashed Junk Mind, Down By The River and Stolen Dance. Three weeks later, Stolen Dance had racked up a crazy amount of hits.

"I feel like the people made the choice for this song to be the single, not us," Rehbein says.

Philipp Dausch and Clemens Rehbein of Milky Chance.

GETTY IMAGES



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Alvita Domestic Medium Hair

Eight-year-old Alvita was rescued as a stray. We suspect this little sweetie had a guardian at one time because of her interest in people. For a wee thing, Alvita certainly has an engine-sized purr and although she can look aloof at times, she is friendly and affectionate after making your acquaintance. She would love to find an adult home where she can be the centre of attention. Alvita has a lot to offer and we encourage anyone interested in meeting her to drop by the shelter soon for a visit.



For more information on Alvita and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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LEARNING CURVE

The not-so-lazy days of summer

End-of-semester burnout might be setting in, but spring/summer classes could be the key to having a great university experience.

Roxanne Ross manages the student success centre at the University of Calgary and advises students how to manage their course load. Ross says there are many reasons why students should think summer school is a great idea, especially if they want to accelerate their program, but students need to be prepared for a more condensed timeline.

"The courses are the same amount of class time and instructional hours, but it's often taken over a shorter period, so there are some time management adjustments that need to be made, and students need to be aware that two classes missed in spring and summer could have a more significant

impact on their success," Ross says.

Summer classes are also a good idea for students who are involved in extracurricular activities or are balancing work and school throughout the year.

"Some people prefer to spread their course load over the three semesters and work throughout the terms, but others are looking to get employment experience and the summer is a good time to do that," Ross says.

She also thinks it's a good time to take advantage of any learn abroad opportunities your school has to offer since a trip will not affect existing classes, delaying graduation.

Not everyone plans to take summer classes, but sometimes summer school is necessary to get your academics back on track. Before making the choice, Ross says to



SHUTTERSTOCK

make sure you won't be distracted by warm, sunny days.

"Students coming out of high school have traditionally had summers off, so that's something they need to consider," Ross says. "Are they going to be distracted because they are used to taking summers off? How intense

were their fall and winter semesters?"

That being said, there is a perk of being a summer student. With less students on campus, there is less competition for student resources like tutoring. So sacrificing some of your summer may actually be the key to your success.

— Abby Wiseman

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"If you are creative, outgoing, detail-oriented, and love to be in control, you have what it takes to be a leader in event management," says Janice Currie, director, da Vinci College.

Students enrolled in the event and promotions management program will be trained in the complete process of developing, planning, managing, executing and evaluating a successful event; this includes creating themes, understanding regulations and licensing, managing logistics, promoting, and hosting the event.

"Training is very hands-on, and students gain practical experience executing small



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and large scale events across a variety of industries," Currie says.

Students learn to manage events in festivals, tourism, music and entertainment, fundraising, and sports.

Students will be trained in business communications and best business practices, from building a budget to building a business.

"Most importantly, they learn to think quickly on their feet to deal with the unpredictable in this fast paced industry," Currie says.

For more, visit davincicollege.org.

Think you could be a life coach?

Everyone needs someone who offers objective advice and support, someone who sets you on the right path to achieve your goals.

That someone can be a personal life coach.

"A personal life coach is someone who gets to know you well, helps you stay focused, accountable, and on course," says Abe Brown, president, Certified Coaches Federation (CCF).

"This person is a non-judgmental support, a trusted role model, adviser, ally, and guide."

Brown says coaches are generalists since they are trained in a variety of life skills related issues, and yet many continue on and develop specialized areas.

Learn the coaching principles needed to become a personal life or executive coach June 13-14.

This two-day, intensive certified life and executive coach training course takes place at the Best Western, Chocolate Lake, Halifax.

"The focus of coaching is to help people uncover their potential, fully understand it,



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and fully implement it, removing barriers and obstacles along the way," Brown says.

Brown says this course will teach individuals the skills needed to become an effective coach, such as listening, the capacity to suspend judgment, discretion, and the ability to offer possibilities and solutions.

Registration for this course is open.

To learn more, visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.

Learn to help others in the counselling skills program

Success College counselling skills program helps students develop the skills to affect positive change in the lives of others.

Most recently, the counselling skills program was also accredited by the Indigenous Certification Board of Canada (ICBOC).

"The ICBOC certification attests to the professional qualifications and competence of certified counsellors," says Janice Currie, director, Success College.

"Their standards for certification are compliant with 11 international boards and 70 U.S. districts, including alcohol/drug groups and authorities in most provinces and the U.S., First Nations alcohol/drug programs, as well as various foreign alcoholism commissions, branches of the military and the First Nations health services."

She says the certification provides a measure of competence that will be recognized far beyond First Nations communities, and constitutes an important step to ensure the continuation of First Nations wellness and addictions programs.

"Indigenous communities will benefit from professionally certified and culturally competent workers leading to healthy families and communities," Currie says.

"Training aides and certifications truly



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separate our human services programs from other diploma programs."

Graduates from these programs will leave school with a wide range of certifications that make them better counsellors and increase their chances for employment.

For more information about this program, visit successcollege.ca.

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Massage skills can help others

ICT Northumberland graduate Kate Skinner always knew she wanted a hands-on career where her skills were used to help others.

For Skinner, massage therapy was the right fit.

"I really wanted a career in helping people and making people happy," says Skinner, who is a recent graduate of the massage therapy program at ICT Northumberland.

Even as a high school student, Skinner knew this was the career path she wanted to take and began looking into schools that would help her to meet her career and life goals.

When the opportunity to take part as a student for a day at ICT Northumberland came up, she jumped at the opportunity to see what they could offer.

"As soon as I went there, I was hooked — I knew that was the career path for me," Skinner says.

She says the school created a sense of community and the instructors were always on hand to help when needed.



Kate Skinner. CONTRIBUTED

They also helped her create industry contacts that helped her land a job by the time she completed her program.

After completing her two-year program in July 2014, she is now working as a registered massage therapist at Getaway Development in Amherst, N.S.

For more about this program, visit ictschoools.com/programs_northumberland.html.

GET A REWARDING CAREER TEACHING THE DISABLED

In the new human services support worker program at Maritime Business College, students learn how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

"This is not a job for paper pushers — it is a fulfilling, hands-on career with a great deal of personal interaction," says Janice Currie, director, Maritime Business College.

Students will be trained to work with disabled clients that face physical, mental, and/or intellectual challenges.

Clients will learn essential life skills to achieve independence, including employment skills, financial management, and socialization.

"There is a great deal of joy and satisfaction from seeing your clients develop and flourish," says Currie. "You help provide a richer quality of life for both the disabled and their families and caregivers."

This is also a fun and social business.

Engaging in recreational activities with clients is an important part of their fulfillment and development.

Currie says this is a career with high employability with flexible hours and shift work, making it an excellent career opportunity for parents, as well as young people



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who enjoy sports and recreation.

Graduates are prepared for employment as human service workers in government, community-based agencies, health-care or educational facilities providing services to individuals with mental, emotional, learning and/or physical disabilities.

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Jays defuse Bronx Bombers

MLB SEASON OPENER

Martin, Travis spur Toronto to 6-1 victory at Yankee Stadium

The Toronto Blue Jays gave Canadian catcher Russell Martin the second-largest contract in franchise history to help bolster a potent lineup and give the young pitching staff a steady guide.

One game into the new season, the deal is looking pretty good for the team with the longest playoff drought in baseball.

Martin singled in two runs and Edwin Encarnacion hit a two-run homer off Masahiro Tanaka as the Blue Jays beat the New York Yankees 6-1 Monday in Alex Rodriguez's return to the major leagues.

"Martin got it started," manager John Gibbons said. "A lot of good things happened."

Without retired Derek Jeter in the lineup, a restless opening-day crowd at Yankee Stadium reserved one of its only cheers for Rodriguez in his first game back from a year-long drug suspension. Batting seventh, his lowest spot in a regular-season game since he batted eighth in 1996, A-Rod singled, walked, and lined out.

Drew Hutchison, at 24 the youngest opening-day starter in Blue Jays history, held the Yankees hitless until Brian McCann laced a ball just inside the first base line for a single with two outs in the fourth.

Hutchison (1-0) allowed three

+

GAME NOTES

Jose OK

Jays manager John Gibbons said one of Jose Reyes' achillies tendons was "barking" after the game. He also said the speedy shortstop was fine.

One-pitch wonder

Jays 20-year-old reliever Miguel Castro made his major league debut with two outs in the eighth inning. On his first pitch, a ball, Didi Gregorius was thrown out trying to steal third to end the inning. Castro did return for a perfect ninth.

Up next

After a day off, the Blue Jays turn to knuckleballer R.A. Dickey, in the final year of a three-year contract with Toronto. The Yankees will send Michael Pineda to the mound.



Toronto catcher Russell Martin, left, celebrates with second baseman Devon Travis after the Blue Jays' win over the Yankees on Monday in New York. KATHY WILLENS/THE ASSOCIATED PRESS

hits, including Brett Gardner's homer in the sixth inning, to help Toronto improve to 20-19 in openers, including 1-2 vs. the Yankees.

"I was extremely excited," Hutchison said. "It was a big day, overall."

Last July, Hutchison helped the Blue Jays snap another skid against New York: A 17-game losing streak in the Bronx.

Now, he hopes to help Toronto return to the post-season for first time since winning the World Series in 1993.

Martin, an ex-Yankee from Chelsea, Que., hit a single in a five-run third inning against Tanaka (0-1). Devon Travis homered later in the game for his first career hit, taking a speedy turn around the bases.

Travis is the first Jay since J.P. Arencibia to homer for his first

major-league hit.

Shortly before the Yankees ran onto the field for the first time without a member of the Core Four — Jeter, Mariano Rivera, Andy Pettitte and Jorge Posada — on the roster since 1995, the AC/DC song with the lyric "Are you ready for the good times" blared over the stadium speakers.

Those good times didn't last long for New York in its 113th opener. THE ASSOCIATED PRESS

I have to admit, it definitely felt good. That's for sure.

Alex Rodriguez on receiving a loud ovation in his return to Yankee Stadium.



NCAA BLUE DEVILS RISE ABOVE BADGERS Wisconsin's Frank Kaminsky goes up for a basket against Duke's Jahlil Okafor during the first half of the NCAA men's basketball national championship game on Monday night in Indianapolis. Duke won 68-63. CHRIS STEPPIG/THE ASSOCIATED PRESS

GOLF

Woods all over the map before Masters

Tiger Woods arrived later than usual Monday for a Masters that is different from all the others he has played.

No one was sure what to expect from him.

Woods offered a quick glimpse that it could be just about anything. He hooked his tee shot so far left that it nearly went into the ninth fairway. And then he hit a shot to about six feet and rolled in the putt for birdie.

"I felt like I had to get my game into a spot where I felt I

could compete to win a golf tournament and it's finally there," Woods said after playing 11 holes.

He played the front nine with Mark O'Meara, then the 10th and 18th holes before darkness. The tournament begins Thursday.

THE ASSOCIATED PRESS

Tiger Woods

GETTY IMAGES

IN BRIEF

Jets' hopes very much alive after win in Minnesota

Blake Wheeler and Drew Stafford scored, Ondrej Pavelec made 32 saves and the Winnipeg Jets gave their playoff push a big boost with a 2-0 victory over Minnesota on Monday, preventing the Wild from clinching a wildcard spot.

The Wild stayed stuck on 96 points after their first loss by more than one goal in 34 games since Jan. 19.

With the win, the Jets move two points back of Minnesota. THE ASSOCIATED PRESS

NBA makes foray into Cuba

The NBA is set to become the first U.S. professional sports league to visit Cuba since Barack Obama ordered diplomatic relations between the countries to be restored.

The league will hold a development camp and host clinics from April 23-26. Recently retired Steve Nash, hall-of-famer Dikembe Mutombo, and former WNBA star Ticha Penicheiro will take part, along with NBA coaches Quin Snyder of Utah and James Borrego of Orlando.

THE ASSOCIATED PRESS

IN BRIEF

Orioles 6, Rays 2

Travis Snider made a good first impression in his debut for the Baltimore Orioles.

The former Blue Jay had three hits, drove in two runs, made a diving catch and threw a runner out at the plate from right field while helping Baltimore open the season with a win in Tampa Bay.

Red Sox 8, Phillies 0

Red Sox newcomer Hanley Ramirez and Dustin Pedroia each hit two homers, Clay Buchholz threw three-hit ball over seven innings and Boston won its inter-league opener in Philadelphia.

Rockies 10, Brewers 0

Sluggish Ryan Braun left Milwaukee's season opening loss to Colorado with a strain on his right side. Braun left after crashing into the right-field wall while catching a drive by Justin Morneau.

Tigers 4, Twins 0

David Price left no doubt about his worth as Detroit's opening day starter, coming within one out of a shut-out in the Tigers' victory over Minnesota.

THE ASSOCIATED PRESS

Go to metronews.ca for more coverage of opening day.

April 7, 2015

Oh, Canada.

We're famous for hockey, apologizing, maple syrup, double-doubles, having more lakes to jump into than any other country, Alexander Graham Bell, the Robertson screw, the Group of Seven and poutine.

We invented basketball, paint rollers, instant mashed potatoes, the instant replay, insulin, the odometer, Nanaimo bars, egg cartons and peanut butter.

We know the value of long underwear, mosquito repellent and the Maple Leaf.

And we once had a well-earned reputation for being savers. But these days many Canadians aren't saving enough.

That's not so good – for Canadians or the Canadian economy.

The bottom line is, if we're not saving, we're not putting enough aside – for rainy days, for kids' educations or big purchases such as homes or cars.

We get it. It can be hard to save with so many demands and priorities for your hard-earned cash. But even a little goes a long way over time.

The good news? It's never too late – or too early – to get into the habit of saving.

To help, we're introducing the new BMO® Savings Builder Account: the first account in Canada¹ to reward you with bonus interest for saving monthly – giving you a rate that's one of the best in the country.

So, start making saving a habit today – set aside some savings each month and earn interest on every dollar, every day.

Save. Earn. Repeat.

We're here to help.

Sincerely,



Frank Techar
Chief Operating Officer, BMO Financial Group

BMO



RECIPE Layered hummus dip



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 15

My family devoured this eight-layered dip! I love to serve it before a meal with warm pita bread cut into wedges.

Directions

1. Spread the hummus over a serving plate. Sprinkle with spinach, cucumber, both tomatoes, onion, feta and olives. Serve with pita bread or crackers.

Ingredients

• 1 (10 oz) container of

store-bought hummus

- 1/2 cup baby spinach, chopped
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/3 cup rehydrated sun-dried tomatoes, chopped
- 3 Tbsp chopped red onion
- 1/4 cup crumbled feta cheese
- 3 Tbsp chopped black olives
- 1 large pita bread — warmed and cut into wedges (optional)

Nutrition per serving

- Calories 184
- Carbohydrates 17.1g
- Fibre 2.0g
- Protein 7.8g
- Fat 10.6g
- Saturated Fat 1.9g
- Cholesterol 3mg
- Sodium 343mg

PHOTO: ROSE REISMAN

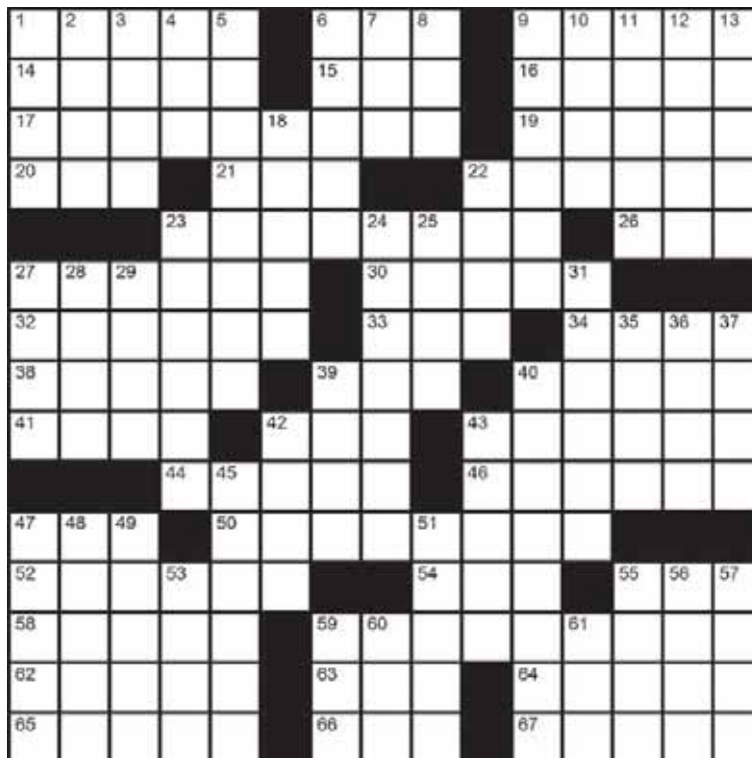
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE
metronews.ca

ACROSS

- Maritime menace
- Canadian Hip-Hop artist aka Kevin Coley, _-K
- Get vitalized: 2 wds.
- Ancient Greek colony
- Sir McKellen
- Sheep-like
- Elvis Presley's only wife
- Fixes
- Family member
- 100, for short
- Little Green _ (Green Giant's sidekick)
- TV specialty channel, _ Canada
- Kicker's need
- "Seinfeld" role
- Standoffish
- Dan Fogelberg ballad
- Canada Post delivery, e.g.
- Hilarious human
- Soaking spots
- Li'l dollar parts
- _ Boingo (American rock group)
- Prospector's passage
- Bus. day
- Bob _ (Journalist/activist born in St. Boniface, Manitoba who co-founded Greenpeace)
- Seville's land
- Newfoundland town
- 47.0 Meridian letters
50. Janet Jackson song



- Modernize, maybe
- Descriptive wd.
- Heartfelt protest, _ de coeur
- Red pens the manuscript
- Orange-in-colour fruit
- Bel _ (Opera

- singing style)
- Fragrant necklace
- Mr. Quinn of movies
- Peggy _, "Mad Men" character
- Timeline times, tiny-ly
- Destiny be-

ings of myth

DOWN

- Quaintly quaffs
- Benicio Del _
- "Come _!" (Welcome!)
- '_' _ for Regina
- Juno-winning album by #23-Down:
- 'Little _'
- Actress Olivia
- 'Tutor' suffix
- _ mission
- "Grey's Anatomy" star Ellen
- At all
- Wine grape variety
- Inordinate

- Plague, in France
- Deduce
- Air pollution
- Songstress born in Timmins, Ontario
- Peter _, Premier of Nunavut
- Varieties
- British actor Idris
- Burden
- Opposing
- Hippie-style vest adornment
- Worldwide [abbr.]
- S-shaped moulding
- Split
- Fashionable
- Peter _, Music Director of the Toronto Symphony Orchestra
- Chore
- Business department leaders
- Being
- _Roman wrestling
- Track prize
- Same siblings
- Ms. Hilton
- Mr. Preminger
- RCN rank
- Horse coat
- style
- Hostels
- Work at
- 'Pamphlet' suffix
- Italian pronoun

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will go over the top and say something excessive today but as you're an Aries people tend to expect it of you. Just make sure you aim your barbed comments at people who can speak up and stand up for themselves.

Taurus April 21 - May 21
You may be tempted to give up on something that is not working out the way you expected but is that wise? The planets urge you to stick with it a while longer because a breakthrough is imminent.

Gemini May 22 - June 21
Avoid getting involved in disputes that have nothing to do with you. Some of your friends may get angry that you are not prepared to stick up for them but if you take

their side today every other side will be against you tomorrow.

Cancer June 22 - July 23
You will be tempted to place your trust in a stranger who says the right things, but that does not mean you are doing the right thing.

Leo July 24 - Aug. 23
Don't be surprised if something you feel strongly about fails to get much of a response from those you feel should be most concerned. Maybe you are too close to the situation.

Virgo Aug. 24 - Sept. 23
If someone annoys you today you will react in a way that surprises a few people — and scares a few more! Yes, of course, you will regret it tomorrow when you have calmed down.

Libra Sept. 24 - Oct. 23
Try not to get annoyed if someone whose support you rely on opposes you in some way today. They are entitled to their point of view and if they disagree with you they have a duty to say so. Maybe you should listen.

Scorpio Oct. 24 - Nov. 22
You may find it difficult to focus over the next few days — there are too many things going on for you to concentrate on one thing for any length of time.

Sagittarius Nov. 23 - Dec. 21
It's just as well you enjoy multi-tasking because partners and colleagues will have you running in all directions today. But don't let it get to the stage where you begin to lose track of what you have done.

Capricorn Dec. 22 - Jan. 20
You are reading too many things into too many situations and it's not healthy. Make it your aim today to think and analyze less and just go with the flow.

Aquarius Jan. 21 - Feb. 19
You may have a right to be angry that someone has let you down but try not to go over the top about it. The most important thing you have is your reputation for fairness and logical thinking.

Pisces Feb. 20 - March 20
Little things will rub you up the wrong way in a big way over the next 24 hours. Others may say you are over-reacting, and maybe you are, but you are also right to get annoyed.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Forte SX AT shown†

L'ANNUEL DE L'AUTOMOBILE 2015
CLEF D'OR "BEST IN CLASS"

2015 **FORTE** LX MT HWY / CITY 100KM*: 6.1L/8.8L

LEASE FROM **\$144**^a MONTHLY WITH **\$0** DOWN AT **0%** APR FOR 60 MONTHS*

Offer includes an \$800 Lease Credit*. Consumers can elect to take an additional 10,000 km allowance in lieu of the lease credit. Offer based on new 2015 Forte LX MT (F0541F) with a selling price of \$15,995*.

2015 **RIO** LX MT



Rio4 SX with Navigation shown†

HWY / CITY 100KM*: 6.3L/8.8L

LEASE FROM **\$133**^a MONTHLY WITH **\$0** DOWN AT **0%** APR FOR 60 MONTHS*

Offer includes a \$900 Lease Credit*. Consumers can elect to take an additional 11,250 km allowance in lieu of the lease credit. Offer based on new 2015 Rio LX MT (R0541F) with a selling price of \$14,095*.

CLEF D'OR "BEST IN CLASS"
L'ANNUEL DE L'AUTOMOBILE 2015

That's like paying only **\$31** WEEKLY*

2015 **OPTIMA** LX AT



Optima SX Turbo shown†

HWY / CITY 100KM*: 5.7L/8.9L

CASH PURCHASE PRICE FROM **\$20,545**^{*} INCLUDES A CASH CREDIT OF **\$4,250**^{*}

Offer includes \$4,250 in cash credit. Offer based on new 2015 Optima LX AT (OP742F) with a selling price of \$24,795*.

2015 IIHS TOP SAFETY PICK

+ \$500 COMPETITIVE BONUS**

2015
SORENTO
FINAL CLEAROUT!

Sorento SX AT AWD 7-Seat shown†
HWY / CITY 100KM*: 8.7L/11.8L



CASH PURCHASE PRICE FROM **\$20,945**[∞] INCLUDES A CASH CREDIT OF **\$6,050**^{*}

Offer includes \$5,850 in cash credit and \$200 dealer participation*. Offer based on new 2015 Sorento LX AT (SR75BF) with a selling price of \$26,995*.



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The Power to Surprise

Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from April 1 to 30, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. Other lease and financing options also available. *Representative Leasing Example: Lease offer available on approved credit (OAC), on new 2015 Rio LX MT (R0541F)/2015 Forte LX MT (F0541F) with a selling price of \$14,095/\$15,995 is based on monthly payments of \$133/\$144, and excludes delivery and destination fees of \$1,535, \$79 PPSA and A/C tax (\$100, where applicable) for 60 months at 0%/0% with a \$0 down payment/equivalent trade, \$0 security deposit and first monthly payment due at lease inception. Offer also includes a lease credit of \$900/\$800. Total lease obligation is \$7,980/\$8,637 with the option to purchase at the end of the term for \$5,215/\$6,558. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. Offer ends April 30, 2015. **Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Lease credit for 2015 Rio LX MT (R0541F)/2015 Forte LX MT (F0541F) is \$900/\$800 and available on lease offer only. Consumers can elect to take an additional 11,250 km/10,000 km allowance in lieu of the lease credit. Lease credit varies by model/trim and is deducted from the negotiated selling price before taxes. ***\$500 Competitive Bonus offer available on the retail purchase/lease of any new 2015 Forte, 2015 Forte Koup, 2015 ForteS, 2015 Rondo and 2015 Optima from participating under proof of current ownership/lease of a select competitive cross-over vehicle, from April 1 to 30, 2015. Competitive models include specific VW, Toyota, Nissan, Mazda, Hyundai, Honda, GM, Ford and Chrysler vehicles. Some conditions apply. See your dealer or kia.ca for complete details. *Cash purchase price for the new 2015 Optima LX AT (OP742F)/2015 Sorento LX AT (SR75BF) is \$20,545/\$20,945 and includes cash credit of \$4,250/\$5,850 and \$0/\$200 dealer participation. Dealer may sell for less. Delivery and destination fees of \$1,535/\$1,715, A/C tax (\$100, where applicable), other taxes, fees, registration, insurance and licensing fees are excluded. Offer ends April 30, 2015. *Cash purchase credit for 2015 Optima LX AT (OP742F)/2015 Sorento LX AT (SR75BF) is \$4,250/\$5,850 (offer includes \$4,250/\$5,850 in cash credit and \$0/\$200 in dealer participation) and available on cash purchase offer only. Cash purchase credit varies by model/trim and is deducted from the negotiated selling price before taxes. Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Optima SX Turbo AT (OP748F)/2015 Sorento SX V6 AWD (SR75X) is \$26,695/\$22,395/\$34,895/\$42,095. *Highway/city fuel consumption is based on the 2015 Rio LX-ECO AT/2015 Forte 1.8L MPI 4-cyl AT/2015 Optima 2.4L GDI AT/2015 Sorento LX 2.4L GDI 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. 2015 Kia Rio and Forte awarded the Clef d'Or Best in Class by L'Annuel de l'Automobile 2015. Visit www.annuelauto.com for full details. 2015 Kia Optima awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. model tested. Visit www.iihs.org for full details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.